# LØBEPLAN APRIL 2015

| Hold | Søndag<br>05-apr | Tirsdag<br>07-apr | Søndag<br>12-apr | Tirsdag<br>14-apr | Søndag<br>19-apr | Tirsdag<br>21-apr | Søndag<br>26-apr | Tirsdag<br>28-apr | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | |
| **5.00 min.** | **10,56 Km**<br>Rute 1 | **8,7 Km**<br>rute 18 | **13 Km**<br>Rute 15 | **11,24 km**<br>Rute7 | **15 Km**<br>Rute 17 | **11 km**<br>Rute 11 | **17 Km**<br>Rute 20 | **12,5 Km**<br>Rute 22 | | |
| **5.30 min.** | **10,56 Km**<br>Rute 1 | **8,7 Km**<br>Rute 18 | **13 Km**<br>Rute 15 | **11,24 km**<br>Rute 7 | **15 Km**<br>Rute 17 | **11 km**<br>Rute 11 | **17 Km**<br>Rute 20 | **12,5 Km**<br>Rute 22 | | |
| **6.00 min.** | **10,56 Km**<br>Rute 1 | **8,7 Km**<br>Rute 18 | **13 Km**<br>Rute 15 | **11,24 km**<br>Rute 7 | **15 Km**<br>Rute 17 | **11 km**<br>Rute 11 | **17 Km**<br>Rute 20 | **12,5 Km**<br>Rute 22 | | |
| **6.30 min.** | **10,56 Km**<br>Rute 1 | **8,7 Km**<br>Rute 18 | **13 Km**<br>Rute 15 | **11,24 km**<br>Rute 7 | **15 Km**<br>Rute 17 | **11 km**<br>Rute 11 | **17 Km**<br>Rute 20 | **12,5 Km**<br>Rute 22 | | |
| **7.00 min.** | **10,56 Km**<br>Rute 1 | **8,7 Km**<br>rute 18 | **13 Km**<br>Rute 15 | **11,24 km**<br>Rute 7 | **15 Km**<br>Rute 17 | **11 km**<br>Rute 11 | **17 Km**<br>Rute 20 | **12,5 Km**<br>Rute 22 | | |
| **Walk & Run** | | | | | | | | | | |
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